

# Community Calendar

**Date:** September 25, 2006

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## **‘FIT & FALL PROOF’ PREVENTS INJURY; PROMOTES SENIOR FITNESS**

**WHAT:** Central District Health Department (CDHD) is offering the “***Fit and Fall Proof***” fitness program to help senior citizens prevent injury and subsequent loss of independence. Class participants will learn simple exercises to increase strength, balance and endurance, which can help prevent the accidental falls and tripping sometimes associated with age.

The class meets twice each week for six weeks. Participants may join class at any session.

**Cost:** **Free!**

**WHY:** One-in-three people over the age of 65 fall each year. Fear of falling can keep seniors from doing activities they enjoy. An active lifestyle can reduce the risk of falling.

**WHERE:** **Boise Public Library – Towne Square Mall Community Room**  
(2<sup>nd</sup> floor next to Macy’s)

**WHEN:** **11:30 a.m. – 12:00 p.m. Tuesdays and Thursdays for six weeks beginning October 3rd and running through November 9th .**

**WHO:** Senior men and women who want to be more physically fit and less likely to experience falls.

**INFO:** Central District Health Department – 375-5211 or Joanne Hinkel,  
Community Relations Boise Public Library – 384-4372  
([jhinkel@cityofboise.org](mailto:jhinkel@cityofboise.org)) .

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